September 2012

Fall Wellness Series

Classes are held on Tuesdays, 1p-2p, in Conference Room 205. Pre-registration in required. Each class costs \$6,or Santa Clara senior discount of \$5. Join us for some interesting discussion and up-to-date information!

Cholesterol: The Good, The Bad, The Ugly - September 18 #46910

Some cholesterol is good, too much is bad, and not knowing your levels could be ugly. Join is for an interesting overview and learn what's important to know about cholesterol. *Instructor: Larisa Polozova, RN, MSS*

Remember to Breathe: Stress Reduction – October 2 #46911

This class will describe stress and its effects on our bodies, and we'll learn some useful relaxation techniques and coping strategies. *Instructor: Larisa Polozova, RN, MSS*

Planning Your Final Party – October 16 #46912

Making you own final arrangements can be a comfort to ourselves and our families. This is not about wills and forms-join our discussion to begin thinking about the end, and to share your experiences and ideas. *Instructor: Mallory von Kugelgen, RN, PHN, Care Manager*

Creating a Safe Place to Live – October 30 #46913

In this class, we'll go beyond the basic home safety checklist, and explore the less talked about aspects of safety that are particular to older adults. We'll send you home with new tools and information to keep you safe. *Instructor: Mallory von Kugelgen, RN, PHN, Care Manager*

Disaster Preparedness – November 13 # 46914

In this class, we will discuss how to put a plan in place in case the unexpected happens. Learn the supplies to have on hand, how to make a kit for your car, and an easy way to remember when to restock supplies. *Instructor: Mallory von Kugelgen, RN, PHN, Care Manager*

Actively Aging - November 27 #46915

Join us to explore tips, tricks, and resources that can help turn minutes a week into decades of better health! Being active helps our body, mind, and spirit in too many ways to count. Good news-it's never too late to get started! Instructor: Renee Furtado, RTC, CTRS, and Health and Wellness Program nurses.

Santa Clara Parks and Recreation Department
1303 Fremont St., Santa Clara, CA 95050
(408) 615-3170 • www.santaclaraca.gov • custservsrcenter@santaclaraca.gov
Monday—Friday 7:00 AM-5:00 PM • Saturday 9:00 AM-12:00 PM
(The office closes 30 minutes prior to the building)



SERVICES AVAILABLE AT THE SENIOR CENTER

All numbers are area code (408) unless otherwise noted.

	Provider	Phone/Website
Care Management Services Services available by appointment: in-home assessment, connection to community resources, service coordination. Services available to City of Santa Clara seniors age 60+.	Santa Clara Parks & Recreation and Council on Aging Silicon Valley	615-3170 www.santaclaraca.gov www.coasiliconvalley.com
Health and Wellness Services Services available by appointment: health education, healthcare coaching, social engagement, home visits, blood pressure. Services available on drop in basis: blood pressure clinic Thursdays 9:30-11:30am Services available to City of Santa Clara seniors age 50+.	Santa Clara Parks & Recreation	615-3170 www.santaclaraca.gov
Health Insurance & Medicare Counseling (HICAP) Free information and assistance on Medicare related issues. Tuesdays by appointment. Services available to anyone on Medicare.	Council on Aging Silicon Valley	615-3170 www.coasiliconvalley.com
Senior Information and Resources Information, resource, and referral services for seniors at home. Services available to City of Santa Clara seniors age 50+	Santa Clara Parks & Recreation	615-3170 www.santaclaraca.gov
Legal Assistance Free legal assistance available two Wednesdays per month, by appointment Services available to Santa Clara County seniors age 60+	Senior Adult Legal Assistance (SALA)	615-3170 www.sala.org
Notary Service Free service by appointment, Fridays 8:00-9:00am. Signer must be present and provide government issued identification. Services available to seniors age 50+	Volunteer	615-3170 www.santaclaraca.gov
Dining Out Nutritionally balanced lunch served weekdays 11:30am. Advanced reservations are required. \$3.00 donation. Services available to Santa Clara County seniors age 60+.	Santa Clara Parks & Recreation and Santa Clara County	615-3174 www.santaclaraca.gov
Tax Assistance Offered throughout the year.	AARP volunteers	615-3170

Additional resources for seniors are available online @ www.santaclaraca.gov or at the Senior Center.

AMERICANS WITH DISABILITIES ACT (ADA) – In accordance with the Americans with Disabilities Act of 1990, the City of Santa Clara Parks and Recreation Department will ensure that all existing facilities will be made accessible to individuals with disabilities. Reasonable modifications in policies, procedures, and/or practices will be made as necessary to ensure full and equal access and enjoyment of all programs and activities for all individuals with a disability. In order to allow participation by individuals with severe allergies, environmental illnesses, multiple chemical sensitivity, or related disabilities, **please DO NOT wear scented products** to programs/activities at City facilities. Contact the Santa Clara Senior Center at (408) 615-3170 with accessibility concerns specific to this facility, and the Parks and Recreation office at (408) 615-2260 for accessibility concerns regarding other parks and recreation facilities/programs. For all other ADA questions, contact the City Clerk's office at (408) 615-2220.

CLASSES

Jazz Dance

Tuesdays • 1:00-2:00 p.m.

Come and dance your way to a healthier you! This class focuses on improving physical health and wellness through movement. Strengthen your balance, flexibility, memorization and gross motor coordination while enjoying upbeat music. Participants will learn simple dance technique, steps, combinations and routines in a fun and supportive atmosphere. Some exercises may include the use of chairs for props while sitting and / or standing. All abilities are welcome. *Instructor – S. Van Dyne*

No Falls S.O.S.

Tuesday and Thursday • 11:00-11:30 a.m.

Register on a monthly basis; Santa Clara senior discount applies. **S**tretch, **O**bserve & **S**trengthen your way to decreasing the risk of falling. Class is designed to accommodate the needs of those with physical health and mobility challenges. Focusing on falls prevention, this class provides you with gentle exercises to develop and improve your balance, sense of equilibrium, flexibility, spatial awareness and core muscular strength. Improve your overall health and quality of life while decreasing the risk of falls. Some exercises will include the use of chairs for props while sitting and/or standing. All abilities welcome. Individuals utilizing mobility aides (walkers, wheelchairs, etc.) are encouraged to register. *Instructor – S. Van Dyne*

Pilates Mat – Building the Foundation Tuesdays and Thursdays • 7:30–8:30 a.m.

This class will focus on the fundamental principles of Pilates to achieve greater overall body strength and flexibility by concentrating on the physical core. The class will flow, exercise to exercise, in a manner that challenges, yet adapts to the needs of the participants. *Instructor – A. Strauss*

Jazzercise with Jerome!Monday and Wednesday • 7:30–8:30 a.m.

This fun, energizing jazz program consists of cardio, strength building, & stretching moves. Modifications to each routine are offered to meet the needs & fitness levels of all participants. *Instructor – J. Flowers*

Center newsletter or the Recreation Activities Guide.

Zumba Gold® with Ginger

Mondays • 10:00-10:45 a.m. Wednesdays • 9:30-10:15 a.m. **New Time/ Day**

Zumba Gold® with Ginger is a Latin dance-inspired workout. Let the music move you in this upbeat, "fitness party." Zumba Gold with Ginger is a lower impact, easy-to-follow fitness class that keeps you in the groove of life! *Instructor – G. Wilson*

Fitness for All

Wednesdays • 10:30-11:15 a.m.

Strengthen and tone your body to enhance overall health and physical fitness level. Gentle aerobic, toning and stretching exercises will improve your balance, flexibility, endurance, range of motion, sense of equilibrium and core muscular strength. Exercises will include chairs for props while sitting or standing. Class is designed to accommodate the needs of those with physical health and mobility challenges. All abilities are welcome. Individuals utilizing mobility aids (walkers, canes, wheelchairs, etc) are encouraged to register. *Instructor – S. Van Dyne*

Tai Chi for Life!

Tuesdays & Thursdays · 8:45-9:45 a.m.

Learn new ways to relax, revitalize, and have fun! Tai Chi is a mindful, internal martial art that flows in gentle and slow, whole body movements. Tai Chi promotes health, balance, flexibility, strength, and clarity. *Instructor - L. Scheer*

2012 Santa Clara Senior Center Holiday Craft Fair

Saturday Nov. 17th • 9:00 a.m. – 2:00 p.m.

Take part in the Senior Center's annual Holiday Craft Faire! Talented artisans are encouraged to apply. Applications will be available at the Senior Center and online (www.santaclaraca.gov) beginning September 4, 2012. Spots fill quickly and are assigned by staff on a first-come first-served basis. For more information contact our front office at 615-3170. Don't delay.

Join us for exciting classes that are designed to energize & motivate you to increase your fitness & activity levels. Seniors of all ages* & abilities are encouraged to register! For complete class descriptions, please refer to the Senior

*Ages 50 & up

HEALTH & WELLNESS, CARE MANAGEMENT

SEPTEMBER IS HEALTHY AGING MONTH

There are many positive aspects to growing older, and September is a great time to explore living a healthier lifestyle. As the new Fall season begins, take stock of your physical, mental, and social well-being. It's never too late to take control of your life and make some changes. You can improve your health, learn something different, or meet someone new. As we celebrate Healthy Aging Month this September, take advantage of all the wonderful services the Senior Center has to offer. Go "back to school" and learn something new in the classes presented in our Fall Wellness Series which begins on Tuesday, September 18th. Get outside and enjoy a refreshing walk with the Walk a Block group. If you have questions about your health or need information about community services, make an appointment with a Health and Wellness Program nurse. Use Healthy Aging Month to rejuvenate yourself, and take some positive steps in living and aging well.

Walk A Block

Mondays & Wednesdays, 10am - 10:30am

Join fellow walkers for as many self-paced laps around the block as you can manage in 30 minutes, starting from the front desk seating area at 10am. Make one easy change for a better "You" this week - get off the couch! Walking improves cardiovascular health and increases your endurance and strength for other types of exercise. Whether you're counting steps (1,000 in one lap) or mileage (once around is 0.4 mile), or just want some company while burning calories, make a change for good at Walk A Block.

Blood Pressure Clinic

Thursdays 9:30-11:30 a.m.

Free drop-in blood pressure check by our volunteer nurse every Thursday morning in the Health & Wellness office.

Clutter Masters

2nd & Last Thursday each month 10:30 a.m.-12:00 p.m.

If you are struggling to manage an overwhelming number of belongings, come join us for support and information. For more information, please call the Health & Wellness Program nurses. There is no fee and all are welcome to attend.

A Few Good Men

Fridays • 12:30-2:00 p.m.

Take a break from the "same old- same old," by getting off the couch and out of the house. Share some stories and laughs, explore the process of getting older, and compare notes with other men who enjoy discussing what's on their mind. This is a peer-led drop-in social group of men that welcomes anyone willing to share their interests, thoughts, and experiences. No registration is required and participation is free. Please see the Health & Wellness Program nurses for more information or just drop in next Friday - the gang will be happy to see you!

Blood Pressure Volunteers Needed

Thursdays 9:30-11:30 AM

Our health conscious seniors need you. Are you friendly and enjoy helping seniors? Do you have a current CA nursing license? If you are able to spend a couple of Thursday mornings a month for this important service, please contact Susan Bates, Volunteer Coordinator, or contact Larisa Polozova or Wendy Talbert in the Health & Wellness Program for more information (615-3170).

New Support Group #46951

Transitions September 17th-December 3rd 2012

No classes 10/8/12 or 11/12/12 *Mondays 1:00pm-2:30pm, Room 205*

This group will provide an avenue of support as we move through significant life transitions, and help access resources as well strengthen and enrich your life. It is led by supervised, pre-licensed therapists through partnership with the Process Therapy Institute. Participation is free, but space is limited, and pre-registration at the front desk is required.

On May 8, 2012, voters approved a special Parcel Tax assessment (Measure A). Exemptions from the \$84 Santa Clara Unified School District (SCUSD) Parcel Tax are available to senior citizens (65 years or older) who own and occupy, as a principal residence, a parcel in Santa Clara and apply to the SCUSD for an exemption. Visit their website (www. santaclarausd.net) or call Terry Gill at SCUSD (408-423-2027) if you have any questions. Forms are also available at the Senior Center.

ALWAYS HAPPENING

Ballroom Dancing

Tuesdays and Thursdays • 7:30-10:30 p.m.

Dancing is a great way to exercise, socialize, and connect with friends new and old. . Free dance lessons (Waltz, Fox Trot, Latin and more) are offered from 6:30–7:30 p.m. Admission to the dances is \$6 when live bands play and \$5 when hosted by a DJ.

Dining Out

Served Monday-Friday • 11:30 a.m. • \$3.00 donation. Call our reservation hotline at (408) 615-3174

Visit with old friends or make new ones while enjoying a nutritionally balanced hot lunch. Menus, constructed by a registered dietician with input from seniors, change throughout the seasons. There is always an option to the hot meal such as meat or vegetarian salads, and sandwiches. Advance reservations are required. Please contact our Dining Out staff for information. Services available to Santa Clara County seniors age 60+. Fee for guests under the age of 60, is \$6.00.

Drop-In Crafts

Thursdays • 1:00-3:00 p.m. • Santa Clara Senior Center

The Santa Clara Senior Center invites you to revisit an old hobby or take up a new one. Here is an opportunity to work on your own self-directed project in the company of others who share your love of crafts. Please, do not bring in projects that produce strong fumes (such as glues, paints or materials with toxic components). Finishing products are not allowed in the Senior Center. Please check with the front desk for the room assignment each week. All seniors, age 50+, are welcome. Space is limited; first come, first served. Storage space is not available at the Senior Center. Engage your brain as well as your creativity.

Santa Clara Women's League

2nd Tuesday of each month • 1:00 p.m.

The Santa Clara Women's League is a service organization which supports the Health and Wellness Program at the Senior Center. Membership flyers are available at the Santa Clara Senior Center. New members are always welcome.

Game On!

Santa Clara Parks and Recreation Department invites you to play at the Senior Center. Playing games is a great way to spend time with old friends and meet new friends all while keeping your mind sharp and staying "on top your game". Most games can accommodate any number of drop in players. Refer to the table below for more information on a game that interests you.

Game	Day	Time	Location	Contact	Drop Ins
Bingo	Tue, Fri	12:15-2:45 p.m.	Auditorium	Staff 615-3170	Welcome
	'	Games, C	Games, Games		
Mexican Train, Dominos, Cribbage and more	Mon, Wed	1:00-3:00 p.m.	Auditorium	Staff 615-3170	Welcome
		Car	d Games		
Bridge, Intermediate	Mon, Wed, Fri	12:30-3:00 p.m.	Mezzanine *Auditorium on 4th Wed*	Duane 246-9794	Call first
Bridge, Intermediate	Tue	12:00-4:00 p.m.	Mezzanine	Manny 828-7741	Welcome
Bridge, Intermediate	Wed	9:00-11:30 a.m.	Mezzanine	Betty 248-3952	Call first
Canasta	Tue	12:00-4:00 p.m.	Mezzanine	Staff 615-3170	Welcome
Pinochle	Tue	12:00-4:00 p.m.	Mezzanine	Staff 615-3170	Welcome
Poker	Mon-Fri	7:30-10:00 a.m.	Mezzanine	Staff 615-3170	Welcome
		Acti	ve Games		
Wii	Mon-Fri Sat	7:00 a.m4:30 p.m. 9:00-11:30 a.m.	Fitness Center	Staff 615-3170	Welcome

September

CENTER CLOSED LABOR DAY HOLIDAY	ADVENTURES TO GO: DAY IN MONTEREY 8:30 Computer Lab/Billiard Room 7-4:30 Snack Bar 8-4 Wood Shop 8-12 Bingo 12:15-2:15 TGA Tuesday Dance - 7:30-10:30pm Nob Hill Sounds Theme "T-Shirts"	Computer Lab Closed 8:15-11:30 Snack Bar 8-4	0 0 0 0 4
CENTER CLOSED ADMISSION DAY HOLIDAY	Computer Lab/Billiard Room 7-4:30 Snack Bar 8-4 Wood Shop 8-12 Bingo 12:15-2:15 TGA Tuesday Dance — 7:30-10:30pm Geri Foley, D.J.	Computer Lab Closed 8:15-11:30	0 0 0 4
Computer Lab/Billiard Room 7-4:30 Snack Bar 8-4 Walk A Block 10-10:30	Computer Lab/Billiard Room 7-4:30 Snack Bar 8-4	Computer Lab/Billiard Room 7-4:30 Computer Lab Closed Snack Bar 8-4	0 0 4
Computer Lab/Billiard Room 7-4:30 Snack Bar 8-4 Walk A Block 10-10:30	Computer Lab/Billiard Room 7-4:30 Snack Bar 8-4	Computer Lab Closed 8:15-11:30 Snack Bar 8-4	0 0 4

THURSDAY	FRIDAY	SATURDAY
		Snack Bar, Computer Lab, Billiards 9-11:30
Computer Lab/Billiard Room 7-4:30 Snack Bar 8-4 Wood Shop 8-12 Lapidary 9-1 Blood Pressure Drop-In 9:30-11:30 Thursday Night Dance Geri Foley, D.J. 7:30-10:30pm	Computer Lab/Billiard Room 7-4:30 Snack Bar 8-4 Lapidary 9-1 Bingo 12:15-2:15	Snack Bar, Computer Lab, Billiards 9-11:30
ADVENTURES TO GO: SANTA CRUZ FOLLIES Clutter Masters Lunch Meet 12:30 Computer Lab/Billiard Room Snack Bar Wood Shop Lapidary Blood Pressure Drop-In Thursday Night Dance The Casuals 7:30-10:30pm	Computer Lab/Billiard Room 7-4:30 Snack Bar 8-4 Lapidary 9-1 Bingo 12:15-2:15	Snack Bar, Computer Lab, Billiards 9-11:30
Welcome Newcomers! 10:30 Computer Lab/Billiard Room 7-4:30 Snack Bar 8-4 Wood Shop 8-12 Lapidary 9-1 Blood Pressure Drop-In 9:30-11:30 Thursday Night Dance 10th Avenue Band 7:30-10:30pm	Computer Lab/Billiard Room 7-4:30 Snack Bar 8-4 Lapidary 9-1 Bingo 12:15-2:15	Snack Bar, Computer Lab, Billiards 9-11:30
ADVENTURES TO GO: THUNDER VALLEY CASINO Clutter Masters Computer Lab/Billiard Room Snack Bar Wood Shop Lapidary Blood Pressure Drop-In Thursday Night Dance Nob Hill Sounds 7:30-10:30pm	Computer Lab/Billiard Room 7-4:30 Snack Bar 8-4 Lapidary 9-1 Bingo 12:15-2:15	Snack Bar, Computer Lab, Billiards 9-11:30

DINING OUT

Week of 9/24 Alternative Meal — C	BBQ Chicken Oven Baked Red Potatoes Calif. Blend Vegetables Cantaloupe	Week of 9/17 Alternative Meal —	Beef Salisbury Patty Whipped Potatoes w/Gravy Peas & Carrots Fresh Orange	Week of 9/10 Alternative Meal — T	•		No Meal Week of 9/3 Alternative Meal — Ch	Holiday E	MONDAY
thef Salad or Vegetarian Cottage Che	Sweet & Soup Meatballs Rotini Noodles Green Beans Spinach Romaine Salad Fresh Watermelon	Chicken Pasta Salad or Vegetarian C	Chicken Fajita w/Cheese Flour Tortilla Pinto Beans Fiesta Slaw Pineapple & Peaches	una Salad or Vegetarian Bean Salad	Spaghetti w/Meatballs Minestrone Soup Garlic Bread Oregon Bean Medley Marinated Zucchini Salad Cantaloupe	minese chileken salad of vegetalian c	Confetti Coleslaw Pineapple & Peaches Sherbet Chinese Chicken Salad or Vegetarian C	Baked Fish w/Dill Sauce Herbed Brown Rice Pilaf	TUESDAY
Chef Salad or Vegetarian Cottage Cheese Salad or Roast Pork Sandwich or Vegetarian Patty Burger	Roast Beef w/Gravy Whole Wheat Roll Raw Broccoli Salad w/Raisins Diced Potato Apple Pie	Chicken Pasta Salad or Vegetarian Cottage Cheese or Tuna Sandwich or Vegetarian Patty Burger	Roast Turkey w/Gravy Corn Bread Dressing w/Gravy Romaine Tossed Salad Cut Green Beans Citrus Fruit Cup Oatmeal Raisin Cookie	Tuna Salad or Vegetarian Bean Salad or Turkey Sandwich or Vegetarian Patty Bu	Roast Pork Sandwich w/BBQ Sauce Succotash Spinach Tossed Salad w/Salad Dressing Tropical Fruit Cup	12	Confetti Coleslaw Confetti Coleslaw Pineapple & Peaches Sherbet California Blend Vegetables Spinach Romaine Salad Fresh Melon Cup Carr Chinese Chicken Salad or Vegetarian Cottage Cheese Salad or Egg Salad Sandw	Chicken Cacciatore Tuscan Bean Soup	WEDNESDAY
or Vegetarian Patty Burger	Turkey & Cheese Sandwich Split Pea Soup Potato Salad Marinated Spring Garden Salad Fresh Banana	Vegetarian Patty Burger 🥻	Beef Lasagna w/Cheese Spinach Tossed Salad Calif. Blend Vegetables Fresh Watermelon	atty Burger . 🏽 🥻	ne style Turkey Patty set Potatoes fornia Blend Vegetables led Pears	13	Tossed Salad w/Purple Cabbage & Tomatoes Fresh Orange Carrot Cake	Meatloaf w/Gravy Rye Bread	THURSDAY
	Baked Fish w/Lemon Sauce Coleslaw Mixed Vegetables Fresh Orange Chocolate Chip Cookie		Chicken Salad Tomato Bisque Soup Mixed Greens & Tomato Strawberries Cucumber, Tom & Onion Salad Strawberries Apple Streusel Cake		Roasted Chicken Seasoned Brown Rice Normandy Blend Broccoli Cuts Romaine Tossed Salad w/Salad Dressing Fresh Fruit in Season Lemon Poppy seed Cake		Country Trio Vegetables Tropical Fruit Cup	Turkey a la King Biscuit	FRIDAY

ALWAYS HAPPENING

Lapidary

Thursdays and Fridays • 9:00 a.m.-1:00 p.m.

Join the Lapidary drop-in program and learn to cut and polish rocks and begin making beautiful jewelry. Registration/Release is needed to participate. (Donations accepted are used to replenish consumable lapidary supplies).

Lunch Meet

Thursday Sept. 20, 2012 • 12:30 – 1:30 p.m. • Rm 232

Managing Your Records and Information

- Do you have papers piling up?
- How long should you keep documents, receipts, and warranties?
- How long should you hold on to tax records?

Join us at Lunch Meet to learn how to manage your records and information. Representatives from the Association of Records Managers and Administrators will share valuable information with us.

You can then sort your stacks of paper and put those important documents in order. You will have an opportunity to safely dispose of any papers by bringing them to the Senior Center on Senior Shred Day, to be scheduled in October.

All are welcome to attend this free drop-in program. Bring your lunch if you'd like. No registration is required.

Did You Know?

You can clear your clutter with confidence. Seniors, age 50+, may securely dispose of paper at Shred Day, hosted by the Association of Records Managers and Administrators (ARMA) at the Senior Center in October.

Join us at Lunch Meet on September 20 to learn what documents to keep, for how long, and how to store them. You'll learn what you do and do not need to keep, then you can go home and work on that pile of papers for Shred Day. Shred Day is for paper only; no e-waste disposal.

Check the Senior Center's October newsletter for details on ARMA's Shred Day.

Woodshop

Tuesdays and Thursdays • 8:00 a.m.-12:00 p.m.

The Woodshop is a great place to work on small projects and repairs. Join others who enjoy woodworking. A woodshop orientation is required. Beginners are welcome. (Donations accepted are used to replenish consumable woodshop supplies)

Welcome Newcomers

3rd Thurs. of each month • 10:30-11:30 a.m. • Rm 205

Join us for an informal yet informative get-together as we introduce you to the activities, programs, and services the Santa Clara Senior Center has to offer. An escorted tour of the 60,000 square foot facility will be available to those interested. Seniors, family members, and caregivers are welcome to attend. No preregistration is necessary.

Woodshop Orientation

September 26th • 9:30-11:30 a.m. • \$10

This orientation is intended to provide a basic introduction to the hand tools, power tools and machines available for use. It is an introduction to operational and safety procedures of the Senior Center's woodshop. New users will be shown where to find materials and equipment in the Woodshop. Set up procedures and clean up procedures will be reviewed with students as well. Woodshop Classes will be offered soon! Make sure you are ready and sign up for your orientation now!

Senior Advisory Commission

The Senior Advisory Commission consists of seven Santa Clara seniors who meet monthly, along with City staff, to discuss community-wide issues which impact seniors. Information is presented and shared and recommendations are offered on ways to improve the quality of life of all Santa Clara seniors. The role of the Commission is to make recommendations to the City Council on policy issues important to all seniors in our community. Commission members include Dwight Collins, Arlyne Diamond Ph.D, Barbara A. (Bobbi) Estrada, Frank Kadlecek, Donna Marencia, Alice Pivacek, and Chuck Roberts.

Meetings:

4th Mon. of each month • 10:00 a.m. • Rm 232

Meetings are open to the public and agendas are posted in the Senior Center lobby and online at *www.santaclaraca.gov*. You are welcome to drop in for any of our meetings and join the discussion or share your opinions on matters important to you.

FITNESS CENTER & NATATORIUM

The 3,000 square foot Fitness Center is equipped with cardio equipment, weight machines, free weights, core conditioning equipment, and a stretch area. There is something for everyone.

The Fitness Room and Natatorium are open

Monday-Friday 7:00 a.m.-4:30 p.m.

Saturday 9:00-11:30 a.m.

(Please check the schedule for when the Natatorium is closed for classes or cleaning)

Fitness Center Orientation

Do you have questions about how to use a machine properly? If you are new to the Fitness Center, please watch the "Fitness Center Orientation Video." The video walks you through the Fitness Center and shows you how to properly use each piece of equipment. The video can be watched any time the Senior Center is open.

Sharing is Caring

We're happy our pools are well used by Santa Clara seniors. Between 1,500-2,000 senior swimmers use the pools each month. We have three lanes in which to accommodate walkers and swimmers of all abilities. Our goal in the Natatorium is to provide a safe and welcome environment where all can accomplish their fitness goals. You can help us be successful by doing the following when you are using the pools:

- empathize with seniors of all ages and abilities who share this space,
- practice patience when sharing a lane,
- approach your fellow swimmers calmly and politely if you have a concern,
- follow the pool rules for everyone's health and safety.

So that pool users may make an informed decision whether or not water temperature is suitable for their needs, there is one (1) thermometer in each pool.

Lap Pool: Water temperature ranges from 81-84° F.

Warm Water Pool: Water temperature ranges from 90-94° F.

Spa: Water temperature ranges from 97-101° F.



Walkers Are Welcome!

Lane #1 is reserved for participants wishing to walk or water jog during the following days and times:

Monday: 7:00 a.m.-1:30 p.m. • Wednesday & Friday: 7:00-10:00

a.m. and 11:00 a.m.—1:30 p.m.

Tuesday & Thursday: 3:00–4:30 p.m.

Lanes #2 and #3 are always designated for swimmers only.

Open Lap Pool Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00am-1:30pm	7:00am-1:30pm	7:00-10:00am	7:00am-1:30pm	7:00-10:00am	9:00-11:30am
		11:00am-1:30pm		11:00am-1:30pm	
3:00-4:30pm	3:00-4:30pm	3:00-4:30pm	3:00-4:30pm	3:00-4:30pm	

Open Warm Water Pool Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00-9:00am	7:00-9:00am	7:00-9:00am	7:00-9:00am	7:00-9:00am	9:00-11:30am
12:30-1:30pm	12:30-1:30pm	12:30-1:30pm	12:30-1:30pm	12:30-1:30pm	
3:00-4:30pm		3:00-4:30pm		3:00-4:30pm	

ADVENTURES TO GO

Adventures to Go...carefree travel for ages 50 plus

Try it! We think you'll like it. The Senior Center travel program, Adventures to Go, offers a wide variety of options for travelers 50 years and up. Embark on a day or overnight "adventure" to different locations throughout California. A monthly Adventures to Go newsletter with details for all our upcoming trips is available at the Senior Center or online at www.santaclara. ca.gov. Drop by the Senior Center or call (408) 615-3170 for registration information.

Senior Center Registration Form: Travelers are required to complete a new registration form and sign a liability release each calendar year. Forms are available at the Senior Center, and must be completed and submitted to the Senior Center office prior to participation in the travel program.

Trip Pick-Up/Drop-Off Area: Parking lot by the old police station at City Hall, located near the corner of Civic Center Drive and Lincoln Avenue in Santa Clara. Please arrive at least 15 minutes before trip departure for check-in. Motor coach will leave promptly at time specified.

New Trips

Day In Union Square, December 13

Nutcracker, December 20

New trips were released at Let's Talk Travel on **August 22**Santa Clara Resident Registration began at that time. Non-resident Registration began on the following Monday. See the **September/October 2012** issue of the **Adventures To Go**Newsletter for detailed trip information. You may pick up a copy at the Senior Center or view it online at: www.santaclaraca.gov under Parks & Recreation and Senior Center.

Day/Overnight Trips

Day in Monterey	September 4
War Horse	September 9
Santa Cruz Follies	September 13
SF Giants vs. San Diego Padres	September 23
Thunder Valley Casino	September 27
Apple Hill	October 4
Golden Gate Bridge Walk	October 10
Mendocino Getaway	October 15-18
Golden Gate Fields	October 25
Automobile Collection & Cable Car Museum	October 30
The Lion King	November 1
Reno Getaway	November 7-9
Optional: Reno Dinner & Show Package	November 8
Poinsettias, Cheese & Chocolate	November 29
Christmas at Hearst Castle	December 5-7
Beach Blanket Babylon (I & II)	December 9

Let's Talk Travel

October 24, 12:30 p.m. *Travel Presentation: 2013 Extended Tour Preview*

No meeting or new releases in September.

Join us and Let's Talk Travel! We meet on the fourth Wednesday of the month at 12:30 p.m. in the Mezzanine. Come and learn more about upcoming tours, see travel presentations, or just to talk travel. Santa Clara residents can register for newly released tours following Let's Talk Travel. Call (408) 615-3170 for more information.

The following trips were available at the time this publication was printed. For a complete listing of trips, see the Adventures To Go Newsletter. Contact the Senior Center for registration information.

Automobile Collection & Cable Car Museum

No. 46927 • Tuesday, October 30 • \$92 per person

Activity level: MEDIUM – approx. 1 hour drive; moderate walking; some stairs; elevator.

Richard A. Stephens, former Academy of Art University President, has always had a penchant for cars, a sentiment that has been passed down to his daughter and current President of the Academy, Dr. Elisa Stephens. Desiring to offer automotive design at the Academy, Mr. Stephens wanted to give students a design perspective that they would not be able to receive from anywhere else. With access to a museum of rare and classic vehicles, students can study exquisite design and apply that sense of craftsmanship to their own artistic pursuits. We will tour this magnificent automobile museum that preserves and pays homage to these classic fixtures of international automotive innovation and also provides inspiration and a sense of history to students that attend the Academy. Our lunch will be at the Delancey Street Restaurant which is a key training school of the Delancey Street Foundation, the country's largest self-help residential organization for people who are looking to rebuild their lives. In an extraordinary spirit of

ADVENTURES TO GO

community service, the owners, chefs and wait staffs of the finest restaurants in the City have helped train the residents to cook, manage and serve in this restaurant which was designed, built, and is operated completely by Delancey residents. Hosted lunch will include choice of Roasted Rosemary & Garlic Chicken, Grilled Burger, or Pasta Pesto. After lunch we'll visit The Cable Car Museum which was established in 1974. Located in the historic Washington/Mason cable car barn and powerhouse, the museum deck overlooks the huge engines and winding wheels that pull the cables. Downstairs is a viewing area of the large sheaves and cable line entering the building through the channel under the street. On display are various mechanical devices such as grips, track, cable, brake mechanisms, tools, detailed models, and a large collection of historic photographs. The museum houses three antique cable cars from the 1870s. Bus leaves promptly at 9:00 AM and returns at approximately 4:30 PM.

Reno Getaway

No. 46935 • Wednesday – Friday, November 7 – 9 Per person: \$193 double occupancy and \$238 single occupancy

OPTIONAL: Reno Dinner & Show Package — No. 46939 Thursday, November 8 • \$47 per person

Activity level: MEDIUM – approx. 5 hour drive with 1/2 hour rest stop.

Enjoy round trip motor coach transportation provided by Royal Coach Tours and two nights deluxe accommodations at the Silver Legacy Hotel & Casino. We will make a stop mid-way for a no-host breakfast and will arrive in the Biggest Little City in the World at lunchtime. Upon arrival we will stop at the Nugget Casino where you'll receive a casino bonus of \$5 Cash & \$5 Food Credit. The \$10 total bonus may be used for your lunch while at the casino. We will check in at the Silver Legacy Hotel and Casino around 5:15 p.m. At that time you will receive a casino bonus of \$5 Cash and \$3 Food Credit. The remainder of the time in Reno is free to use as you wish. The trip fee includes deluxe motor coach transportation, gratuities, hotel accommodations and baggage handling. Meals are not included. Treat yourself to an evening of great dining and entertainment at the El Dorado Casino on November 8. This optional dinner and show package includes a grand buffet dinner with more meal choices than you can imagine and reserved seating for "Jersey Nights." The show celebrates the music of Frankie Valli and the Four Seasons and takes the audience on a nostalgic trip down memory lane. This spectacular production with singers, dancers and video projection, delivers first class musical arrangements, perfect

harmonies, authentic costumes and all of the Four Seasons' greatest hits including: "Oh What a Night," "Sherry," "Walk Like a Man," "Dawn," "Rag Doll," "Bye Bye Baby," "Big Girls Don't Cry," "Can't Take My Eyes Off Of You" and more. Please note: you must register for this package at the Senior Center. Join us! *Motor coach leaves promptly at 7:30 AM. on Wednesday and returns at approximately 4:00 PM on Friday.*

Christmas at Hearst Castle

No. 46937 • Wednesday - Friday, December 5 − 7
Per person: \$426 double occupancy and \$506 single occupancy. Half the fee is due at time of registration; balance due October 26.

Activity level: MEDIUM/HIGH – there are many stairs and a lot of walking at Hearst Castle. Approx. 5 hour drive with a no-host lunch stop mid-way. A detailed itinerary will be mailed to travelers prior to the trip.

During the Holiday Season, Hearst Castle presents an opportunity for visitors to travel back in time and experience the Castle as it might have been in the 1920s or 1930s, complete with docents dressed in 1930's period costumes re-enacting a Christmas social event. The staff at Hearst Castle works hard to decorate the estate, creating a special atmosphere that is sure to get you in the holiday spirit. There are decorations in many of the rooms throughout the historic California Mansion including two 18-foot Christmas trees the Assembly Room. We will begin our trip in comfort on a Royal Coach luxury motor coach and stay in deluxe accommodations at the Cambria Pines Lodge. The lodge will provide a "welcome" hosted dinner on the first night and a fully cooked breakfast each morning. The lodge will feature beautiful holiday garden light displays and it's first annual European Christmas Market with gift items, ornaments, and holiday treats for purchase. On day two we will have a guided trolley tour of Point San Luis Lighthouse and Avila Beach and enjoy a hosted lunch at Apple Farm Restaurant and have time to shop in the boutique. There will be time to enjoy the Holiday in the Pines Hospitality Celebration...shop in quaint downtown Cambria with merchants and restaurants offering special discounts, festive treats, and live entertainment. Trip fee includes round-trip transportation, accommodations, baggage handling, gratuities, guided tours, a dinner and lunch. and two breakfasts. Motor coach leaves promptly at 9:30 AM on Wednesday and will return at 2:00 PM on Friday.